

12. (Amended) The composition of claim 2 wherein said phosphoester comprises a daily dosage of between approximately 0 mg and approximately 1000 mg of phosphatidylcholine, between approximately 0 mg and approximately 100 mg of phosphatidylserine, between approximately 0 mg and approximately 200 mg of phosphatidylethanolamine, and between approximately 0 mg and approximately 1000 mg of phosphatidylinositol, wherein at least one component in said composition is present in an amount greater than 0 mg.

13. (Amended) The composition of claim 4 wherein said herbal antioxidant comprises a daily dosage of between approximately 0 mg and approximately 7 mg of barberry, between approximately 0 mg and approximately 70 mg of bilberry proanthocyanidins, between approximately 0 mg and approximately 150 mg of lemon bioflavonoids, between approximately 0 mg and approximately 150 mg of lime bioflavonoids, between approximately 0 mg and approximately 150 mg of orange bioflavonoids, between approximately 0 mg and approximately 1000 mg of curcuma, between approximately 0 mg and approximately 2 mg of garlic bioflavonoids, between approximately 0 mg and approximately 180 mg of ginko biloba, between approximately 0 mg and approximately 2000 mg of ginseng, between approximately 0 mg and approximately 100 mg of gotu kola, between approximately 0 mg and approximately 1000 mg of grape seed proanthocyanidins, between approximately 0 mg and approximately 1000 mg of red apple quercetin, between approximately 0 mg and approximately 1000 mg of red onion quercetin, and between approximately 0 mg and approximately 400 mg of Siberian ginseng, wherein at least one component in said composition is present in an amount greater than 0 mg.

14. (Amended) The composition of claim 4 wherein said herbal antioxidant comprises a daily dosage of between approximately 0 mg and approximately 35 mg of barberry, between approximately 0 mg and approximately 35 mg of bilberry proanthocyanidins, between approximately 0 mg and approximately 75 mg of lemon bioflavonoids, between approximately 0 mg and approximately 75 mg of lime bioflavonoids, between approximately 0 mg and approximately 75 mg orange bioflavonoids, between approximately 0 mg and approximately 500 mg of curcuma, between approximately 0 mg and approximately 1 mg of garlic bioflavonoid, between approximately 0 mg and approximately 250 mg of ginkgo biloba, between approximately 0 mg and approximately 1000 mg of ginseng, between approximately 0 mg and approximately 50 mg of gotu kola, between approximately 0 mg and approximately 500 mg of grape seed proanthocyanidins, between approximately 0 mg and approximately 500 mg of red apple quercetin, between approximately 0 mg and approximately 500 mg of red onion quercetin, and between approximately 0 mg and approximately 200 mg Siberian ginseng, wherein at least one component in said composition is present in an amount greater than 0 mg.

15. (Amended) The composition of claim 4 wherein said antioxidant amino acid comprises a daily dosage of between approximately 0 mg and approximately 1500 mg of acetyl-L-carnitine, between approximately 0 mg and approximately 1500 mg of L-glutamine, between approximately 0 mg and approximately 1500 mg of L-lysine, between approximately 0 mg and approximately 1500 mg of L-methionine, between approximately 0 mg and approximately 1500 mg of L-aurine, between approximately 0 mg and approximately 1500 mg of N-acetyl-L-cystine, and between approximately 0 mg and approximately 800 mg S-adenosylmethionine, wherein at least one component in said composition is present in an amount greater than 0 mg.

16. (Amended) The composition of claim 15 wherein said antioxidant amino acid comprises a daily dosage of between approximately 0 mg and approximately 800 mg of acetyl-L-carnitine, between approximately 0 mg and approximately 800 mg of L-glutamine, between approximately 0 mg and approximately 800 mg of L-lysine, between approximately 0 mg and approximately 800 mg of L-methionine, between approximately 0 mg and approximately 800 mg of L-aurine, between approximately 0 mg and approximately 800 mg of N-acetyl-L-cystine, and between approximately 0 mg and approximately 800 mg of S-adenosylmethionine, wherein at least one component in said composition is present in an amount greater than 0 mg.

17. (Amended) The composition of claim 4 wherein said antioxidant vitamin comprises a daily dosage of between approximately 0 mg and approximately 50,000 IU of beta carotene, between approximately 0 mg and approximately 10,400 IU of vitamin A, between approximately 0 mg and approximately 1000 mg of vitamin B<sub>1</sub>, between approximately 0 mg and approximately 10 mg of vitamin B<sub>2</sub>, between approximately 0 mg and approximately 1000 mg of vitamin B<sub>3</sub>, between approximately 0 mg and approximately 500 mg of vitamin B<sub>5</sub>, between approximately 0 mg and approximately 500 mg of vitamin B<sub>6</sub>, between approximately 0 mg and approximately 500 mg of vitamin B<sub>6</sub> (pyridoxal 5'-phosphate), between approximately 0 mg and approximately 1000 mg of vitamin B<sub>12</sub>, between approximately 0 mg and approximately 3000 mg of vitamin C, between approximately 0 mg and approximately 800 mg of vitamin E, between approximately 0 mg and approximately 1000 mcg of folic acid, between approximately 0 mg and approximately 2000 mg of L-glutathione, between approximately 0 mg and approximately 400 mg of lipoic acid, between approximately 0 mg and approximately 30 mg of lutein, between approximately 0 mg and approximately 15,000 mcg of lycopene, between approximately 0 mg and approximately 600 mg of ubiquinone, and between approximately 0 mg and approximately 500 mg of zeaxanthin, wherein at least one component in said composition is present in an amount greater than 0 mg.

18. (Amended) The composition of claim 4 wherein said antioxidant mineral comprises a daily dosage of between approximately 0 mg and approximately 100 mcg of boron, between approximately 0 mg and approximately 200 mcg of chromium, between approximately 0 mg and approximately 50 mg of manganese, between approximately 0 mg and approximately 1000 mg of magnesium, between approximately 0 mg and approximately 200 mcg of selenium, and between approximately 0 mg and approximately 100 mg of zinc, wherein at least one component in said composition is present in an amount greater than 0 mg.

20. (Amended) The composition of claim 19 wherein said at least one component comprises a daily dosage of between approximately 0 mg and approximately 80 mg of bromelain, between approximately 0 mg and approximately 50 mg of papain, and between approximately 0 mg and approximately 50 mg of betaine, wherein at least one component in said composition is present in an amount greater than 0 mg.